

MWR HAPPENINGS

VOLUME 6 ISSUE 12

NATIONAL NAVAL MEDICAL CENTER

NAVY MORALE, WELFARE AND RECREATION

DECEMBER 2005

ADVENTURE BOUND

Outdoor Adventures for Active duty, Reservists, Retirees, DOD civilians and their family members.

Sign up for trips at the ITT office:

MWR InfoCenter: Call 301-319-8431 or 301-295-0256 for more trip information.



ADVENTURE BOUND
MWR NATIONAL NAVAL MEDICAL CENTER BETHESDA, MD

Ice Skating Trip

Saturday, December 10—Under one roof, you will find an NHL ice rink, two multi-sport fields, a rock climbing wall, and a fitness center. The facility also houses a pro shop, 8 locker rooms, 4 party rooms, concessions, an arcade, bleacher seating and state-of-the-art sound & lighting systems. Price includes admission, skate rental and lunch. Sign up before December 7 @ 4 pm.

Cost: \$5 Single Sailors / \$10 Adventure Bound patrons

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MWR InfoCenter

Pre-Season Specials at Ski Liberty, Whitetail and Roundtop

Learn to Ski/Snowboard for just \$18.25

Get your Tickets at the MWR InfoCenter

Opening Day Through December 23, 2005 & during March 2006

This Ticket Includes Everything You Need:

Lift, Lesson and Ski or Snowboard Rental
(Lift Ticket Valid on Beginner Terrain Only)
Valid at Ski Roundtop, Liberty and Whitetail



8 Hour Lift Ticket for just \$18.25

Get your Tickets at the MWR InfoCenter

Opening Day Through December 23, 2005 & during March 2006

(No Restriction Lift Ticket)

Valid at Ski Roundtop, Liberty and Whitetail



FREE Lessons for Everyone!

For more advanced skiers and riders, we are offering free groups lessons, all levels, through December 23, 2005 with the purchase of any lift ticket—No Coupon Necessary! Offer Valid for Ages 8 & older. Available at the Ticket Windows of Ski Roundtop, Liberty Mountain Resort and Whitetail Mountain Resort.

White House Christmas Ornaments

The Official 2005 White House Christmas Ornament created by the White House Historical Association is available at the MWR InfoCenter for \$16.00 each. Perfect gift for sending out of town. Pick up yours today before they're sold out.



Loews Weekday Escape Tickets

Now you can get something extra with your movie ticket. Each Weekday Escape Ticket gets you a better-than-matinee price and a FREE small popcorn with a purchase of a regular drink. This ticket is valid Monday through Thursday only (also excludes holidays), but has no expiration date. Great gift idea!!! Available at the MWR InfoCenter.





For more
Liberty or Adventure Bound information
Please call the MWR InfoCenter at 295-0434,
Carol at 319-8431 or Ken 295-0256.



Single Sailor Discount Bowling Nights at the Bethesda Bowling Facility

Mondays, December 5 & 19

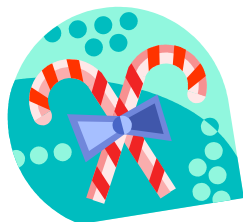
If you are looking for something fun and cheap to do during the week, venture down to the Bethesda Naval Bowling Facility for a night of cheap thrills! Cost for single sailors E1-E6 (bring I.D.) and their guest is \$2 per game, per person. Shoe rental is \$1.50 per pair. Stop by from 1500-2000.



Free Gift Wrapping and Holiday Cards

December 1-23

The Liberty Zone will have all of the supplies that you'll need to put the finishing touches on those gifts you'll be giving out this holiday season. We'll also have holiday cards that you can send out to your family and loved ones back home.



LIBERTY HOLIDAY PARTY

Thursday, December 1 Bldg 50 @ 1800

Wednesday, December 7 Bldg 61 @ 1800

Join us as we get ready for the holidays with a party that will knock your stockings off! We'll have food, fun, games, prizes and more!



Army vs. Navy Football Game

Saturday, December 3

Join Liberty and give me "Hoo Rah" Go Navy! We're heading to Philadelphia to cheer on the Navy Midshipmen.

Cost: \$25 (No Guest) includes admission and transportation to the game
LIMITED SEATS



Arundel Mills Shopping Trip

Sunday, December 4

With over 200 stores and restaurants as well as a Muvico Egyptian 24 Screen Theater, you can shop and eat and then drop to your feet!

Cost: \$2 (participants eligible to win a \$20 mall gift certificate)
Sign up no later than December 2 @ 1600



LIBERTY

Liberty is a recreation program for single, unaccompanied enlisted (E1-E6) military personnel.

One guest may accompany a sailor per activity for the unsubsidized price, unless otherwise stated in the program description.



Adventure Bound Ice Skating Trip

Saturday, December 10

Under one roof, you will find an NHL ice rink, two multi-sport fields, a rock climbing wall, and a fitness center. The facility also houses a pro shop, eight locker rooms, four party rooms, concessions, an arcade, bleacher seating and state-of-the-art sound and lighting systems. Price includes, admission, skate rental and lunch

Cost: \$5 Single Sailor \$10 Adventure Bound

Sign up no later than December 7 @ 1600



Liberty Holiday Party @ the Bowling Center

Monday, December 12

Head over to the Bowling Center after work for some holiday cheer, we'll be having a great time. There will be food, games, prizes and free bowling. Party starts at 1600, be there or be square!

LIBERTY ZONE December Birthday Celebration

Thursday, December 15

Free Cake and Ice cream starting at 1645



International Spy Museum Trip

Saturday, December 17

Your mission...if you choose to accept it. Join Liberty as we head downtown to the International

Spy Museum. The International Spy Museum is the only public museum in the world solely dedicated to the tradecraft, history, and contemporary role of espionage.

Cost: \$6

Sign up no later than December 14 @ 1600



Christmas Brunch

Sunday, December 25

Join liberty for brunch and holiday games and prizes in the barracks lounge.

Bldg. 60, 1000



Liberty Zone Theater

The 1st movie shown at 4:45 pm is viewer's choice.
Second movie at 6:30 pm is from the schedule below
right. Sundays and holidays scheduled movie is at
2:30 pm.

Located in the
Liberty Zone
at the
Comfort Zone
Complex
Bldg. 23

**Free Popcorn
in the Liberty Zone**



Liberty Zone Movie Schedule

**Movies in the
barracks lounge
@ 1800!**

**Free popcorn!
Choose from a
variety of
new movies!**

12/1 @ CBQ 50

12/7 @ CBQ 61

12/14 @ CBQ 60

12/15 @CBQ 50

12/21 @ CBQ 61

12/28 @ CBQ 60

12/29 @ CBQ 50

12/1	March of the Penguins
12/2	Undiscovered
12/4 @1400	A Love Song for Bobby Long
12/5	Must Love Dogs
12/6	Supercross
12/7	Hustle & Flow
12/8	Transporter 2
12/9	Stealth
12/11 @1400	Charlie & the Chocolate Factory
12/12	The Cave
12/13	Wedding Crashers
12/14	Valiant
12/15	Deuce Bigelo: European Gigolo
12/16	A lot like Love
12/18 @1400	The Island
12/19	Polar Express
12/20	Santa Clause 2
12/21	Christmas with the Kranks
12/22	March of the Penguins
12/23	Elf
12/25	Closed
12/26	Closed
12/27	Miracle
12/28	Wicker Park
12/29	Lost in Translation
12/30	The Island

Liberty Zone- Inside the Gym, Bldg. 23

24 hr Liberty Infoline Dial 295-4727!

EMAIL: liberty@mwrbethesda.com

Monday-Friday 4:30-9:00 pm

Sunday & Holidays 12:00-6:00 pm



Navy Exchange

Main Retail Store Complex

Main Store Building 57 301-295-6363

Mon-Sat 0900-2000
Sunday 1000-1800

Barber Shop, Main Store 301-295-6387

Mon-Sat 0830-1900
Sun 1000-1800

Tailor Shop 301-295-6358

Mon-Sat 0900-2000
Sun 1100-1800

Laundry & Dry Cleaning 301-718-8315

Mon-Fri 0830-1900
Sat 0830-1800

Optical Shop (National Vision) 301-951-9060

Mon-Fri 0900-1900
Sat 0900-1800

Bldg 12

Administrative Office 301-295-0871
Personnel Office 301-295-6339

NNMC QuikMart/Citgo 301-295-6129

Mon-Fri 0600-2100
Sat 0800-2000
Sun 1000-1800

NNMC NEX Package Store

Building 23 301-295-6382
Mon-Sat 0900-1800
Sun 1100-1800

NNMC McDonald's

Building 31 301-564-9549
Mon-Fri 0600-2300
Sat 0600-2330
Sun 0700-2100

NEX "Main Street" Complex

Main Hospital, Building 2

Uniform Center 301-295-1489

Mon-Fri 0800-1900
Sat 0900-1800
Sun 1000-1800

Tailor Shop 301-295-6358

Mon-Fri 0800-1900
Sat 0900-1800
Sun 1000-1800

Main Street Café 301-986-4996

Mon-Fri 0630-2100

Barber Shop 301-295-6390

Bldg 2 Main St
Mon-Fri 0730-1600

Subway/Dunkin Donuts 301-652-4667

Mon-Fri 0600 - 2000
Sat 0700 - 1500
Sun 0700 - 1400

Café Marlene, Bldg.9 301-986-5170

Mon-Fri 0600-1400

William III Gourmet Coffee 301-295-5387

Bldg.10
Mon-Fri 0600-1600



HAPPY HOLIDAYS!

Save on your HOLIDAY
shopping at the
NEX Navy Exchange!

NEX prices are an
average of 21.1% BELOW
the competition



NAVY EXCHANGE

Extended Holiday Hours

27 November – 23 December

Monday – Saturday

Open until 2100

Sunday

Open until 1900



MILITARY STAR CARD

0% Interest

All Star card purchases of \$250 or more.

Promotions: 30 Nov. – 11 Dec., 2005

Waterford Crystal

Signing Event

December 7, 2005

20% Off All In Stock Waterford Crystal

One Day Only!



BETHESDA NAVY LODGE 301-654-1795 GREAT RATES!

Make reservations: 1-800-NAVY INN(628-9466)

www.navy-nex.com

Hotel Rooms-\$75/ night

Conference Room (35 persons)-\$75/ day

Washington Navy Lodge (Anacostia) 202-563-6950



USU Café

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MWR HAPPENINGS



Located in USUHS Bldg. 70

Open Monday-Friday

0630-1000 Breakfast

1100-1400 Lunch



Salad Bar, Grill, Deli, Pizza and more



Serving Breakfast and Lunch Monday-Friday

Join us at lunch for International Days

December 1: American: Cajun Chicken

December 8: Hawaiian Coconut Chicken

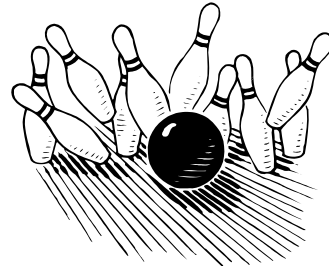
December 15: Greek: Beef and Chicken Kabob

December 22: Mexican

December 29: Italian Spaghetti with Meatballs

BETHESDA NAVAL BOWLING CENTER

Group Rates



Office get-togethers, retirement, birthday parties, or any special occasion....You can reserve all or part of the bowling center for your special event.

We will work with you to fulfill all of your party needs.

Food, Beverages, Music, Bowling, Shoe Rental, Billiards, Contests, Tournaments...

CALL US to customize your package and reserve your date. 301-295-2034/2060

Group Rate Options:
 Unlimited Bowling Packages
 (includes shoe rental)
 \$9.00 pp for 1.5 hours
 \$11.00 pp for 2 hours
 \$16.00 pp for 3 hours
 \$20.00 pp for 4 hours



*Add a food package for only \$4.75 per person
 (Food package includes your choice of hamburger, hot dog, chicken nugget, with French fries and a beverage)

We're Open

Monday – Tuesday	10 AM - 10 PM
Wednesday, Thursday	3 PM - 10 PM
Friday	1 PM - Midnight
Saturday	10 AM - Midnight
Sunday	1 PM - 8 PM

Birthday Party Package

1 hour or 1-1/2 hours* of bowling
 Use of rental shoes
 1/2 hour of party time
 Food Choices: hamburger, hot dog, or chicken nuggets with french fries and a beverage.

Only \$11.00/\$12.50* per person
 Call 301-295-2060/2034
 To reserve your date!

Now Serving Breakfast

Monday, Tuesday and Saturday 10am-12noon



2 eggs, bacon, hash browns, toast, coffee
\$3.75

Bacon, egg, and cheese sandwich
\$3.00

Snack Bar also features sandwiches, fries, appetizers, beverages on tap, etc.

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MWR HAPPENINGS

Discount Tickets

MOVIES

AMUSEMENT PARKS

Entertainment
2006 Books
\$25 (Reg. \$30)
Md./D.C. or
N. Va./D.C.

MWR InfoCenter

MWR Information Source! Discounted Tickets!
Sign up for Liberty and Adventure Bound Trips!

Authorized TICKETMASTER Outlet

Tickets
make
great
gifts!



TICKET NAME	MWR PRICE	GATE PRICE	YOU SAVE
Movie must run at least 2 weeks before tickets may be used (unless otherwise noted)			
AMC Theaters	5.75	varies	
Loews (Cineplex Odeon/Sony) Theaters	6.50	varies	
Loews Wkday Escape (valid M-Th only, no holid., free popcorn w/ reg. drink purchase)	5.50	varies	
Regal Cinemas/ United Artists VIP	6.50	varies	
Amusement Parks			
DISNEY WORLD –other ticket options available by special order			
3-day Base (adult) expires 14 days after date of 1st use	166.50	182.12	15.62
3-day Base (child: ages 3-9) expires 14 days after date of 1st use	133.25	145.91	12.66
3-day w/ Park Hopper (adult) expires 14 days after date of 1st use	200.50	219.39	18.89
3-day w/ Park Hopper (child: ages 3-9) expires 14 days after date of 1st use	167.50	183.18	15.68
4-day Base (adult) expires 14 days after date of 1st use	180.00	197.03	17.03
4-day Base (child: ages 3-9) expires 14 days after date of 1st use	144.00	157.62	13.62
4-day w/ Park Hopper (adult) expires 14 days after date of 1st use	214.00	234.30	20.30
4-day w/ Park Hopper (child: ages 3-9) expires 14 days after date of 1st use	178.00	194.90	16.90
5-day child: ages 3-9 Park Hopper	180.00	213.00	33.00
5-day child: ages 3-9 Park Hopper Plus	205.00	240.70	35.70
Sea World, Orlando (adult)	51.00	63.64	12.64
Sea World, Orlando (child: ages 3-9)	41.00	51.12	10.12
Universal Studios, Florida (adult)	49.75	58.31	8.56
Universal Studios, Florida (child: ages 3-9)	40.00	47.88	7.88
Univ. Stud. Islands of Adventure (adult)	49.75	58.31	8.56
Univ. Stud. Islands of Adventure (child: ages 3-9)	40.00	47.88	7.88
Universal Studios, Florida 2-day Escape (adult)	90.75	106.45	15.70
Universal Studios, Florida 2-day Escape (child: ages 3-9)	76.75	94.74	17.99
Universal Studios, Florida 2-day Escape (adult) 3rd Day Free	90.75	106.45	15.70
Universal Studios, Florida 2-day Escape (child: ages 3-9) 3rd Day Free	76.75	94.74	17.99
Local Attractions			
Baltimore & Ohio Railroad Museum (ages 13 & up)/ Get child ticket (2-12) at gate for \$8.00	9.00	14.00	5.00
Baltimore Aquarium (adult)	16.00	19.50	3.50
Baltimore Aquarium (active duty/ sr. 60+, no dep.)	13.00	19.50/18.50	6.50/5.50
Baltimore Aquarium (child: ages 3-11)	9.00	13.50	4.50

Ticket prices and availability are subject to change without notice. All ticket sales are final.

Discounted Tickets Available By Special Order at your MWR InfoCenter

Select Amusement Parks, Special Attractions & Hotels for
California, Florida, Nevada, Tennessee, Texas, and Virginia

- **TO ORDER:** Order form is filled out at MWR InfoCenter and **full payment is made.**
- Allow 1-3 weeks for special order tickets.
- Patron will be notified by phone to pick up their tickets at the ticket office when they arrive.
- Patrons need to have a photo ID to pick up their tickets. All sales are final.





LOCAL ATTRACTIONS

TICKET NAME	MWR PRICE	GATE PRICE	YOU SAVE
Colonial Williamsburg Freedom Pass 1-Year (ages 18 and older)	53.50	59.00	5.50
Colonial Williamsburg Freedom Pass 1-Year (child: ages 6-17)	26.50	29.00	2.50
Colonial Williamsburg Military Key 1-Day (ages 18 and older)	25.00	N/A	
Colonial Williamsburg Military Key 1-Day (child: ages 6-17)	14.50	N/A	
International Spy Museum (adult: ages 12-65)	13.50	14.00	.50
International Spy Museum (senior 65+, active & ret. military, dependents)	12.50	13.00	.50
International Spy Museum (child: ages 5-11)	10.50	11.00	.50
Luray Caverns (adult)	14.00	18.00	4.00
Luray Caverns (child: ages 7-13, under 7 FREE with an adult)	6.50	8.00	1.50
Luray Caverns \$4 off coupon for 6 admissions			
Medieval Times Dinner & Tournament (adult)	40.50	51.55	11.05
Medieval Times Dinner & Tournament (child: ages 4-12) 3 & under must sit on lap & share meal	36.50	39.45	2.95
Tourmobile: DC-Arlington Cemetery (adult)	18.50	20.00	1.50
Tourmobile: DC-Arlington Cemetery (child: ages 3-11)	9.50	10.00	.50
<u>Skiing (Liberty, Ski Roundtop, Whitetail, Windham)</u>			
Weekend/ holiday Lift Only	44.00	48.00-55.00	4.00-11.00
Mid-week Lift Only	31.25	41.00-45.00	9.75-13.75
Night Lift Only	24.75	27.00-32.00	2.25-7.25
Week./ holi. Lift w/ rental (Ski rentals are less than snowboard rentals) NA/Windham	81.50	83.00-94.00	1.50-12.50
Mid-week Lift w/ rental (n/a @ Windham)	68.50	76.00-86.00	7.50-17.50
Night Lift w/ rental (n/a @ Windham)	59.00	64.00-69.00	5.00-10.00
Weekend Learn to Ski /Ride (n/a @ Windham)	65.50	73.00/81.00	7.50-15.50
<u>Spirit Cruises</u>			
Classic Luncheon (12-2pm) High Season (Apr.-Oct. 2005)	36.00	38.00-42.00	2.00-6.00
Classic Luncheon (12-2pm) Low Season (Jan.-Mar. 2005, Nov. 1-27, 2005)	32.00	33.00-37.00	1.00-5.00
Classic Luncheon (12-2pm) Holiday Season (Nov 28.-Dec. 30, 2005)	39.00	41.00-46.00	2.00-7.00
Classic Dinner Sun.-Thurs. (Weekday) High Season (Apr.-Oct. 2005) (7-10 pm)	53.00	57.00-63.00	4.00-10.00
Classic Dinner Fri.-Sat. (Weekend) High Season (Apr.-Oct. 2005) (7-10 pm)	61.00	65.00-72.00	4.00-9.00
Classic Dinner Sun.-Thurs. (Weekday) Low Season (Nov. 1-26, 2005) & (Jan. 1-Mar. 31, 2005) (7-10 pm)	48.00	50.00-56.00	2.00-8.00
Classic Dinner Fri.-Sat. (Weekend) Low Season (Nov. 1- 26, 2005) & (Jan. 1-Mar. 31, 2005) (7-10 pm)	55.00	58.00-65.00	3.00-10.00
Class. Dinn. Sun.-Thur. (Weekday) Holid. Season (Nov. 27-Dec. 30, 2005) (7-10 p)	66.00	71.00-79.00	5.00-13.00
Class. Dinn. Fri.-Sat. (Weekend) Holid. Season (Nov. 27-Dec. 30, 2005) (7-10 p)	73.00	79.00-88.00	6.00-15.00
Mt. Vernon Excursion (8:30 am or 1:30 pm, 3.5 hours+) Adult/Senior	32.00	31.00-35.00	Up to 3.00
Mt. Vernon Excursion (8:30 am or 1:30 pm, 3.5 hours+) Child: ages 6-11	28.00	29.00	1.00



SPIRIT CRUISES



Ticket prices and availability are subject to change without notice. All ticket sales are final.

Caesars Pocono Resorts Getaway Club-Members of the military will receive 50% weekday savings and 10% weekend savings off the full price rates.

Online: www.cpresorts.com Call: 1-800-233-4141

Getaway Club Code for NNMC: GA 21836

-some restrictions apply



Kids Konnection

December 2005

Child Development Center, NNMC Bethesda

On Friday, 28 October we had our famous Make Believe Parade out in front of the Child Development Center. The weather was dark and gloomy, but spirits were high as the children strutted their stuff all decked out in their favorite costumes. Thanks to the many parents who were on hand for the event. It was great fun!!! Check out the pictures...



Parents Please Note: The area along the front of the building is a fire lane. Parking in this area is not only illegal, but creates a great hazard for our precious children. There are enough legal spaces for parent parking, please use them. Cars parked in the fire lane will be ticketed by NNMC police.



CDC PHOTO GALLERY

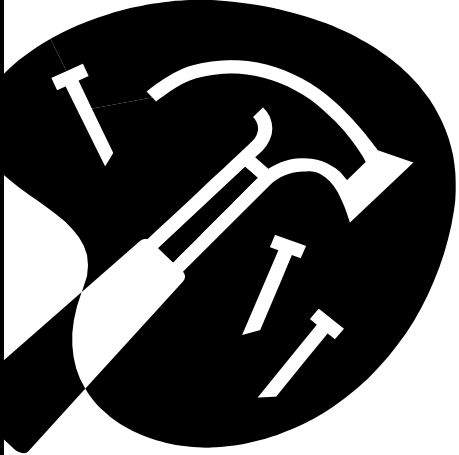


Do you recognize
this fire fighter?
It's our own Ms. LaShawn!



The preschool has been very busy lately. They
had a visit from the fire department and they
took a trip to Butler's Orchard to pick pumpkins.





**Attention
Valued Patrons-**

CLOSED FOR REPAIRS

The Comfort Zone Complex, bldg. 23
will be CLOSED from
12 December 2005 - 09 January 2006
for facility improvements and repairs.
We apologize for the inconvenience.
-Happy Holidays-

Alternative Fitness Facilities

MWR Fitness Studio, Bldg. 12, Room 252, Wellness Center
Fitness Workshops, Karate, Aerobics

Limited fitness equipment for Active duty available at:

NNMC Bldg. #9, 3rd floor, Room 3221 2 bikes, 2 cross trainers & 2 treadmills

NNMC Bldg # 1, 3rd floor, Room 3312 4 pieces of strength equipment,
2 step machines, & 2 bikes

Walter Reed Fitness Center-Bldg. 88, WRAMC (202)782-7022

Open Mon-Fri 5 am-8 pm, Sat 9 am-4 pm, and Sun 10 am-2 pm

Closed federal holidays



Aerobics

At the MWR Fitness Studio:
Wellness Center Bldg 12, 2nd floor



MWR Fitness

Aerobics Weekly Schedule

Monday	Instructor's Choice	4:30-5:30 pm
Tuesday	Sculpt	4:30-5:30 pm
Wednesday	Step Aerobics	4:30-5:30 pm
Thursday	Sculpt	4:30-5:30 pm

Tuesday & Thursday lunchtime classes cancelled until further notice due to lack of instructor.

Bring your Military ID card or your Comfort Zone Complex Membership card to each class.

Seated Massage

Appointments available on Thursdays, **January 1 and 8**, during the hours of 10 am -2 pm at the **Comfort Zone Complex, Bldg. 23**.



Appointments available on Thursdays, **January 15, 22, and 29** during the hours of 10 am-2 pm at the **Fitness Studio in Bldg. 12**.

Call 202-276-7159 for appointments.

\$5. 00 off Only \$25 for 30 min for active duty military.

Services provided by Relaxation on Site.



Jiyu No Taki Ryu Jiu Jitsu International Federation

Check us out at: www.kindairyu.com or www.jiynotakiryu.com

Come check out this exciting new style of self defense!!!!

One of the oldest styles of martial arts from the days of the Samurai now revived since 1995!!!

Quickly becoming known as the most effective "practical Style" of self-defense!!

Not a sport style, real life has no referees!!!

September 10, 2001 home school (Washington D.C.) requested to perform a self-defense seminar to employees of the House of Congress!!!

10th Mountain Division (Light Infantry, U.S. Army) at Fort Drum NY frequently taught tactics from his effective style for the battlefield, as well as real life situations/confrontations!!!

Come on out and join us!!!

Shihan Julio Zarate, Kindai Ryu Jiu Jitsu President

Key points of instruction:

- "Awareness of your surroundings!

- "Avoidance strategies!

- "Striking Techniques! The Big 4": high pay off "Battle points" (pressure points), what they are and how to use them!

- "Ground Attack!

- "Pistol and Knife Defense": know how to defend against pistol/robbery attempts/treats!



Jiu-Jitsu is a Japanese word that means "gentle art," or "art of suppleness." The word represents a single general technique of using the human body as a weapon in armed or unarmed combat. Jiu-jitsu techniques include methods of striking, kicking, kneeing, throwing, choking and in particular, joint locking. The key to the defense is coming in close to the attacker. In today's world, one is rarely attacked by a single individual. Therefore, students of Kindai-Ryu Jiu-jitsu train to defend against four attackers. As such, the Kindai-Ryu style does not emphasize ground fighting, although ground techniques are taught to be used if necessary.

This popular Japanese system also uses traditional Samurai weapons (Samurais were the knights of Japan, also called Bushi warrior.). According to most authorities, Jiu-Jitsu appeared during the 13th century among many other martial arts and was proven in the battlefield, not in a competition. For centuries, this method of unarmed self defense proved so successful in combat that was kept secret and taught by a select few. One of the most notable schools was Kindai-Ryu. **Judo** and **Aikido** were later formed from Jiu-jitsu. Karate, however, is more popular today because jiu-jitsu has no competitive tournaments and is more lethal than karate.

Kindai-Ryu Jiu-jitsu was founded in the USA by the **Late Grand Sensei, Mr. Charles Neal** in Portsmouth, VA. Shihan Julio Zarate has been teaching private classes and group classes for over 15 years in Mexico City, Portsmouth Virginia, San Diego, California, San Antonio, Texas, and Bethesda, Maryland. After 30 years of study, practice, patience, deceptions, groin pains, a few fights and surgeries, Shihan Julio Zarate decided to open his own Jiu-Jitsu school. The style is Jiyu No Taki Ryu Jiu-Jitsu, "Freedom's Water Fall".

The United States Martial Artist Association inducted Shihan Julio Zarate to the Hall of fame on July 31, 1999.

Shihan Julio Zarate presides over the following schools and systems:

- Kindai-Ryu Jiu-Jitsu
- Taki Ryu Jiu-Jitsu for women
- Hernandez Ryu Jiu-Jitsu - select techniques from Hernandez Jiu-Jitsu System

Shotokan Karate -The Silver Dragon Karate School for kids contains a mix of Kindai-Ryu Karate and Shotokan

Jiyu No Taki Ryu Jiu Jitsu Dojo also teaches: Iai-jutsu, Iaido, Kobujutsu, Kindaryu and Shotokan Karate. **Iai-jutsu** is the classic method of Japanese swordsmanship. It seeks to perfect the initial movement of the sword to strike the enemy instantly, preferably in a single action. **Iaido** is an elite Japanese Martial Art which developed from training in Iai-jutsu sword combat. This style seeks to develop an inner and outer calm to intimidate the opponent. Today, Iaido is the modern art of drawing the samurai sword from its scabbard. **Kobujitsu** is known as the "art of weapons" using traditional weaponry from Okinawa Karate. The *hanbo* or "walking stick" is 2 feet, 11 3/4 inches. It was used by the Ronin and Samauri classes in replacement of the sword. Hanbo techniques are designed to counter armed or unarmed attacks.



Classes at the MWR Fitness Studio Wellness Center, Bldg 12, 2nd floor

Mondays

6-8 pm	Karate for Kids 6-14 yrs
7-9 pm	Adult Jiu-Jitsu (all levels)
8-9 pm	15 yrs-Adult

Wednesdays

6-8 pm	Karate for Kids 6-14 yrs
6-7 pm	Beginners-Junior Belts
7-8 pm	Advanced-Senior Belts

Fridays

7-9 pm	Adult Jiu-Jitsu (all levels)
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Saturdays

10 am-12 pm	Karate for Kids 6-14 yrs
10 am-11 am	Beginners-Junior Belts
11 am-12 pm	Advanced-Senior Belts
1 pm-3 pm	Adult Jiu-Jitsu

Call the CZC 295-2450 for more info.

Fees may be paid at the Comfort Zone Complex front desk prior to starting classes for the month.

Fees cover all classes taught within each category.

Monthly Costs:	Adult Jiu-Jitsu	\$55
	Karate for Kids	\$35
	Women's Self Defense	\$35

Your child will learn simple kicks and punches, as well as the most refined fighting arts. We welcome parents to join in the practice. Here we study **Jiyu No Taki Ryu** (Freedom' Water Fall) Karate and **Shotokan** Karate. Karate training will improve your health physically and mentally. The training is based on rigid discipline, constant effort, and dedication. Through the art of karate, students improve self-control and self-esteem while developing coordination and concentration. You will be rewarded by advance to the next higher belt after you demonstrate and are tested in the techniques for your particular belt. You will be able to do forms (Katas) as well fighting (Kumite).

What is Karate? **Karate** means "empty hand" or "China hand." It is an unarmed method of combat in which all parts of the anatomy are used to punch, strike, kick, or block. As is true for most of the martial arts, it must be emphasized that Karate is not a system of self-defense. Karate provides an outlet for two basic human needs often ignored or suppressed in American society: the need to express emotion and the need to live without fear. Beginning in childhood, children are taught to suppress their emotions and feelings, sometimes causing psychological conflicts. Through Karate however, kids can discover a healthy outlet for aggression while learning to control emotions.

Karate was directly influenced by earlier Chinese Martial arts. An educationalist, Gichin Funakoshi, from Okinawa (an island Southwest of Japan) introduced Karate to the Japanese. He was invited to give a demonstration in Tokyo in 1922. Within two years, Karate was part of the university curriculum. Like Judo, Karate has undergone a dramatic change in approach. In its Okinawan form, there were no competitions; in the early days in Japan there was an absence of sporting element. In the West it was swept into the success surrounding Kung Fu star Bruce Lee with his movie hit in 1971 "Enter the Dragon." Today there are many Martial Arts movie stars with just as many different disciplines, Steven Segal (Jiu-Jitsu/Aikido) and Chuck Norris (karate). Three movies that capture the greatest variety of martial arts styles are Mortal Kombat, Enter the Dragon, and Blood Sport. The numbers of Karate styles remain slightly below one hundred.

The study of Katas (forms) can be absorbing. Part of the discipline of a Kata performance is to return spot where you began, while executing perfect stands, blocks, kicks and punches. Kata maybe based on the movements of birds, animals or simply the graceful combination of the most basic Karate movements. Kata is designed for the imaginary fighting of several opponents. The eventual perfection of the Katas leads not only to mastery of the basic forms of Katas, but also to physical and spiritual sensitivity and complete control of all parts of the body. You may also learn to do forms or katas with weapons. [***NOTE: Weapons training is only available at the discretion of the instructor *and* with parent's consent.***]



Fitness Workshops

FREE workshops!! A trainer will teach you tips to improve your workout.

Wednesday, December 21 &
Wednesday, December 28

at 1200-1300 in the
MWR Fitness Studio, Bldg. 12

Topics:

“Strengthen Your Core”



Sign up at the front desk on your next visit. Meet us in the strength room of the Comfort Zone Complex. Get some great tips. Call 301-295-2450 for more information.

CZC Membership

ALL patrons MUST present VALID ID every single visit to the CZC. Please have it ready when you come in the door, just as you do at the front gate.

Comfort Zone Complex members include all active duty military and their immediate family members, retired military, and reservist.

NNMC DOD Civilians, NIH & Non-DOD Federal Employees are eligible for membership at the following rates:

	<u>Daily</u>	<u>6 mos.</u>	<u>Annual</u>
NNMC DOD Civilians	\$3	\$50	\$75
Non-DOD/NIH Federal Employees	\$5	\$75	\$150

Please note: Contractors and family members of DOD, NIH & Non-DOD employees are NOT able to obtain a membership to use the facilities.

MWR's 5K Reindeer Run



National Naval Medical Center
Bethesda, Maryland

December 15, 2005

1200 noon

**At the
Comfort Zone Complex**

Prizes: T-shirts

**Register by calling
or emailing:**

**Wendy Tompkins 295-2450 or
wtompkins@mwrbethesda.com**



Need a place for your next event?

MWR Community Room-Bldg. 11, Main Level

Eligible patrons: Active Duty,
Retirees, DOD Civilians, and
DOD Contract personnel

Room Rental Fee-\$200.00
Reservation is made when
payment is received.
Cash, Check, and Credit Card
are accepted for room rental.

Wedding Receptions,

Bar Mitzvahs,

Family Gatherings,

Showers,

Retirements, Birthdays...

For more information and room
reservations please contact:

Chita Cajigal at

301-295-3577

clcajigal@bethesda.med.navy.mil



- Approximate 75 Person Capacity
- Tables and Chairs Provided with Room Rental
- Colored Linens with Room Rental
- Ice and Refrigeration Available
- Projection Screen Available for Use
- Restrooms



Managing Your Weight at the Holidays

by Lauren Thomas M.S., R.D.

The holiday season is almost here! It's a time of celebrating – and eating! Do you usually gain weight over the holidays? Do you promise yourself each year that you won't? According to the National Institutes of Health, holiday eating can result in an extra two to three pounds every year. This may not seem like a lot, but over a lifetime, all that extra weight adds up.

One of the best ways to prevent holiday weight gain is to get more activity during the day. Walking is a great exercise and burns about 100 calories a mile. The Health Promotion Department offers a walking group which is a great way to get your activity and have fun at the same time. The group meets at the flagpole in front of Building 10 on Monday, Wednesday or Friday at 1100. The group walks for 30 minutes and covers 1 ¼ miles around the hospital grounds. In inclement weather, we use the walking path in the basement of Buildings 9 and 10. To register, call the Health Promotion Department at 295-6649.

Stair climbing is another great way to fight the weight gain that often comes with the winter months. Taking the stairs burns more calories per minute than most other forms of physical activity. The average man will use about 150 calories in 10 minutes of stair climbing or about the amount used in a 20 minute brisk walk. Women, will use slightly fewer calories.

During the holidays, plates of goodies lurk around every corner! In order to have the willpower to resist these try not to skip meals. Plates of sweets are more difficult to pass up when you are hungry. Plan to bring fruit, low-fat yogurt or other healthy snacks to munch on while others eat high calorie cookies and sweets. Or choose hard candies or peppermints to satisfy your sweet tooth.

Save your calories for the special days that you spend with family and friends. Plan to enjoy yourself on Thanksgiving Day, Hanukkah or Christmas day. On those days, relax and eat what you want. The more difficult challenge is to resist the goodies on all the other days in between Thanksgiving and New Year's Day. This is how the pounds really add up. What you do on one or two days is less important than how you manage your eating on all the other days.

Managing holiday parties can really be a challenge. Do not skip meals or starve yourself before going to a party. This will leave you overly hungry and more likely to over do it. Enjoy small tastes of holiday desserts and special foods. Include vegetables and fruits on your holiday plate.

Alcoholic beverages have lots of calories and also increase your appetite. Choose "lite" beer or wine spritzers instead. Enjoy the company of friends, co-workers or family rather than focusing on the food.

Managing your weight at any time of the year is difficult but at

the holidays it is especially tough. Don't eat food just because it is there. Remind yourself how hard it is to work those pounds off before you reach for desserts or that second helping. Do your best – stay active, maintain healthy eating on most days during the season and give yourself permission to splurge on those special days in the year.

Nutrition & Weight Management

Healthy Heart Nutrition

Learn how to make changes in your diet to reduce your risk of heart disease. Appropriate for those with elevated cholesterol or triglycerides, hypertension or heart disease.

DEC 05 1300-1500

DEC 29 1300-1500

Call 301.295.5360 to register.

Ship Shape Program (active duty only)

A six-week weight management program that assists individuals in developing an effective lifetime weight control strategy. Includes education on choosing a healthy diet, meal planning, reading food labels, exercise, eating out and managing stress. Lecture/discussion format. This class is mandatory for all NNMC BCA failures. Class does not include PT. Civilian attire acceptable. Call 301.295.6649 to register.

JAN 11-FEB 15 WEDNESDAYS 1200-1330

The Healthy Weigh (open to all beneficiaries and NNMC civilian employees and contractors)

A six-week weight management program that assists individuals in developing an effective lifetime weight control strategy. Includes education on choosing a healthy diet, meal planning, reading food labels, exercise, eating out and managing stress. Lecture/discussion format. Call 301.295.6649 to register.

JAN 12-FEB 16 THURSDAYS 1200-1300

Tobacco Cessation



"Kicking the Habit"

An information-packed three hour session that will prepare you to quit. Call 301.295.2159 to register for one of the following classes:

DEC 06 1200-1500

Fitness and Exercise

NNMC Indoor Walking Path

In the basements of buildings 9 and 10, available for daily use 0600-1800, seven days per week.



Walking Group

Enjoy a brisk 30 minute walk Mondays, Wednesdays and Fridays at 1100. Meet in front of Building 10 at the flagpole. In inclement weather, we will use the indoor walking path. Call 301.295.6649 to register.

Stress and Anger Management Program

Stress Management 101

This two-hour class offers discussion on stress and how it affects your everyday life. Learn practical techniques for managing stress by minimizing stress-producing situations, simplifying your life and building up resiliency. Gain hands-on experience with relaxation techniques. Call (301) 295-2159 to register for one of the following classes:
DEC 13 1300-1500

Dealing with Anger

This class will explore the definition and origins of anger. Participants will be challenged to choose an emotion, other than anger, and develop an action plan geared toward effective problem solving and conflict resolution. Call (301) 295-2159 to register for one of the following classes:
DEC 20 1300-1500

Seated Massage

Enjoy a relaxing massage of the neck and back while seated in a special chair. Fees apply.

Offered by MWR at the Comfort Zone.
By appointment only. Call 202.276.7159.



Women's Health

Hormones and Your Health

Women over forty-the real scoop on your changing body-hot flashes, emotional ups and downs, osteoporosis, hormone replacement.

Contraception Class-Open only to military beneficiaries
General information to make an informed choice on contraception methods. Call 301.295.6673 for a schedule of the above classes.

Breast Care Risk Assessment Class

Learn about your personal risk for developing breast cancer and what you can do to decrease it. Offered by the Breast Care Center. Call 301.295.3899 for class times and days.



Blood Pressure Management

Managing Your Numbers

Control High Blood Pressure Before It Controls You! Learn effective ways to lower your blood pressure through medication, proper diet, exercise and stress management. Call 301.295.2159 to register for one of the following classes:
DEC 21 1300-1500

Interesting Stuff...

Fitness-In-A-Bag Program

Are you active duty going on a short TAD? Before departing, call the Health Promotion Department to reserve a Fitness-In-A-Bag kit. The kit includes a heart rate monitor, a pedometer, exercise videos, a jump rope and a portable strength training kit. For loan only. Call 301.295.2159 to reserve a kit today!

Health Promotion On-Site

Interested in having a program at your DoD worksite? The staff at the Health Promotion Department is available to assist! Please call 301.319.4660 for more details.

Health Promotion Resource Library

The Health Promotion Department has a variety of books, videos and pamphlets on health related topics.



Presented by:
Health Promotion
PFA Department
National Naval Medical Center
301-295-5502
www.bethesda.med.navy.mil



MWR Administrative Offices Bldg. 11

Quality of Life Director

Bob Killion 301-295-0935
rskillion@bethesda.med.navy.mil

Administrative Officer

Jane Bonheim 301-295-0956
jlbbonheim@bethesda.med.navy.mil

Management Assistant

Chita Cajigal 301-295-3577
clcajigal@bethesda.med.navy.mil

Unit Fund Allocations 301-295-1238

Marketing/ITT/Newsletter

Jenny Charlson 301-295-1046
jlcharlson@bethesda.med.navy.mil

MWR JOB OPPORTUNITY HEADQUARTERS!

Bldg. 11 Room 14 -MWR HRO

Human Resources Manager

Ernie Miguel 301-295-0936
ejmiguel@bethesda.med.navy.mil

Human Resources Asst. Manager

Lorrie Branch 301-295-0939
labranch@bethesda.med.navy.mil

Child Development Center Bldg. 26

PH. 301-295-0167/ 0014

Mon-Fri 6:00 am-6:00 pm
Jamila Aziz, CDPA
jamila@mwrbethesda.com

JOB OPPORTUNITIES HERE!

MWR InfoCenter/ITT Bldg. 2

PH. 301-295-0434

**Discounted tickets & TicketMaster,
Brochures, MWR Information**

Julie Orellana, Ticket Seller

Mon-Fri 8:00 am-4:00 pm
Closed for lunch 1:30 pm-2:00 pm

Richard Moy, Mgr 301-295-5432
rnmoy@bethesda.med.navy.mil

Bowling Center

Bldg. 56

PH. 301-295-2034/2060

Mon – Tuesday 10 AM - 10 PM
Wednesday, Thursday 3PM - 10 PM
Friday 1 PM - Midnight
Saturday 10 AM - Midnight
Sunday 1 PM - 8 PM

Noel Dysart, Mgr

admiral@mwrbethesda.com

JOB OPPORTUNITIES HERE!

USU Café & Catering Bldg. 72

PH. 301-493-6554

OPEN Monday-Friday

6:30 am-10:00 am **Breakfast**
11:00 am-2:00 pm **Lunch**

Full Service Catering Services

Selcuk Polat, Manager

cafeteria@usuhs.mil

Comfort Zone Complex Bldg. 23

Gym, Fitness Center, Pool

PH. 301-295-2450, front desk
301-295-0031, admin.

Mon-Fri 5:00 am-9:00 pm
Sat- Sun 9:00 am-6:00 pm

Pool Hours

Active Duty only, M-F 11:00 am-1:00 pm

Mon-Fri 5:00 am-8:00 pm
Sat-Sun 11:00 am-5:00 pm
Family Swim Friday 6-8 pm
Sunday 1-5 pm

Recreation Director Paul Jones

pauljones@mwrbethesda.com

Athletics Director Wendy Tompkins

wtompkins@mwrbethesda.com

Aqua./Fitness Mgr Bryan Jackson

bryanjackson@mwrbethesda.com

JOB OPPORTUNITIES HERE!

Liberty Zone Bldg. 23

PH. 301-295-4727

Movie Theater, Popcorn, Snacks, Internet,
Computers, TVs, & more!

Open Mon-Fri 4:30-9:00 pm

Sun & Holidays 12-6:00 pm

Liberty Program Activities & trips for
single, unaccompanied military E1-E6

Carol Morris, Mgr 301-319-8431

cliberty@mwrbethesda.com

Ken Weinaug, Asst. Mgr 301-295-0256

kweinaug@mwrbethesda.com

JOB OPPORTUNITIES HERE!

NNMC FISHER HOUSES

CFC #7642

Members of the military, retirees and their families must often travel great distances for the specialized medical care offered at the National Naval Medical Center.

The NNMC Fisher Houses are "comfort homes," built on the hospital grounds. We provide a low-cost housing alternative, enabling family members to be close to their hospitalized loved ones.

Do you have a loved one in the hospital? Do you need a place to stay?
Please call (301)295-5334 for more information.



Happy Holidays